

Spring Cleaning Safety Tips

Each year many of us look forward to that special time of year known as Spring Break. For many, it is that time of year when we emerge from our wintering shelters and engage in the annual ritual of spring cleaning. Follow these simple tips to keep this annual ritual safe for everyone.

Fire Safety Tips

Spring is a great time to clean your house throw away unwanted items. It's also a great time to check all your for potential fire hazards.

- ◆ Check your house for any stored papers or any other combustible materials you don't need
- ◆ Keep the area under your stairs clear of combustible as well.
- ◆ Check your yard for any woodpiles, branches, or papers that could prove tempting to someone wanting to light a fire
- ◆ Make sure you clean your BBQ and check for leaks, breaks, and other wear & tear
- ◆ Check your smoke alarm monthly



Household Chemicals

Many household chemicals and paints can present hazards to you and your family, particularly children. Ensure you precautions are taken to keep all safe and sound.

- ◆ Get rid of old household chemicals and paints. Know your communities disposal rules and dispose of them properly
- ◆ Close lids to chemicals and paints when not in use. Ensure they always put safely away when the work is finished
- ◆ Never leave children unsupervised when paints and chemicals are in use.
- ◆ Read the instructions carefully and make sure you adhere to them. Pay particular attention to flammability cautions and ventilation requirements.

Sun Safety

Don't let the cool spring time temperatures fool you, protect yourself from the sun whenever you're outside at work or play.

- ◆ The sun's rays are the strongest between 10 a.m. and 4 p.m. Try to keep out of the sun during those hours.
- ◆ The sun's damaging UV rays can bounce back from sand, snow, or concrete; so be particularly careful of these areas.
- ◆ Most of the sun's rays can come through the clouds on an overcast day; so use sun protection even on cloudy days.
- ◆ Use a sun protection factor (SPF) of at least 15. Look for the words "broad-spectrum" on the label - it means that the sunscreen will screen out both ultraviolet B (UVB) and ultraviolet A (UVA) rays.
- ◆ Put on sunscreen 30 minutes before going outdoors - it needs time to work on the skin.
- ◆ Don't forget to protect your eyes also

While you are enjoying the beautiful weather and dusting off the cobwebs of winter, remember to take your on the job safety awareness with you.



**ARMY SAFE
IS ARMY STRONG**